



Lemony Snap Peas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



76 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 shallots minced
- ☐ 0.5 teaspoon sugar

- ☐ 12 ounces sugar snap peas trimmed
- ☐ 8 cups water

Equipment

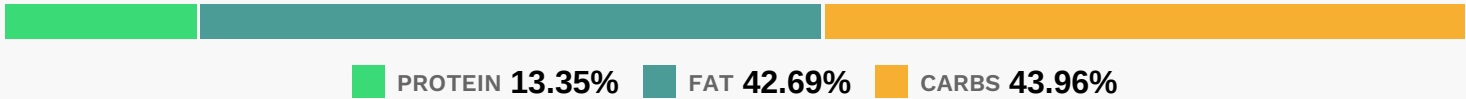
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Bring 8 cups water to a boil in a large Dutch oven.
- ☐ Add peas; cook 30 seconds or until crisp-tender.
- ☐ Drain and plunge into ice water; drain. Slice half of peas diagonally.
- ☐ Combine lemon rind and remaining ingredients in a medium bowl; stir with a whisk.
- ☐ Add peas; toss to coat.
- ☐ Radish and Feta: Prepare base recipe, reducing salt to 1/8 teaspoon.
- ☐ Add 1/2 cup thinly sliced radishes, 1/3 cup (about 1 1/2 ounces) crumbled feta, and 3 tablespoons chopped fresh mint to pea mixture. Toss to combine.
- ☐ Serves 4 (serving size: 1 cup) CALORIES 104 (0% from fat); FAT 8g (sat 1g); SODIUM 219mg
- ☐ Heat 2 teaspoons olive oil in a saucepan over medium heat.
- ☐ Add 2/3 cup Israeli couscous; saut 3 minutes.
- ☐ Add 1 cup water; bring to a boil. Cover, reduce heat, and simmer 10 minutes.
- ☐ Drain and rinse; drain. Prepare base recipe with 6 ounces peas, increasing salt to 1/2 teaspoon and substituting 1/2 teaspoon minced garlic for shallot.
- ☐ Combine pea mixture, couscous, and 1 tablespoon minced dill. Top with 2 tablespoons shaved Parmesan cheese.
- ☐ Serves 4 (serving size: about 1 cup) CALORIES 211 (0% from fat); FAT 7g (sat 2g); SODIUM 314mg

- ☐
- Toasted Almond and Pecorino: Prepare base recipe. Toast 3 tablespoons sliced almonds in a small skillet; cook over medium heat 3 minutes or until lightly browned.
- ☐
- Add almonds to pea mixture; toss gently. Top with 3 tablespoons shaved pecorino Romano cheese.
- ☐
- Serves 4 (serving size: about 1 cup) CALORIES 113 (0% from fat); FAT 8g (sat 4g); SODIUM 221mg

Nutrition Facts



Properties

Glycemic Index:41.02, Glycemic Load:0.62, Inflammation Score:-7, Nutrition Score:9.6386958360672%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 75.93kcal (3.8%), Fat: 3.74g (5.76%), Saturated Fat: 0.53g (3.28%), Carbohydrates: 8.67g (2.89%), Net Carbohydrates: 6.13g (2.23%), Sugar: 4.61g (5.12%), Cholesterol: 0mg (0%), Sodium: 187.09mg (8.13%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.63g (5.27%), Vitamin C: 54.76mg (66.37%), Vitamin K: 23.64µg (22.52%), Vitamin A: 926.87IU (18.54%), Manganese: 0.25mg (12.41%), Iron: 1.91mg (10.58%), Fiber: 2.55g (10.18%), Folate: 39.49µg (9.87%), Vitamin B1: 0.14mg (9.05%), Vitamin B6: 0.16mg (8.14%), Copper: 0.15mg (7.63%), Magnesium: 27.76mg (6.94%), Vitamin B5: 0.67mg (6.72%), Potassium: 202.71mg (5.79%), Vitamin E: 0.86mg (5.7%), Calcium: 55.33mg (5.53%), Phosphorus: 51mg (5.1%), Vitamin B2: 0.07mg (4.22%), Vitamin B3: 0.54mg (2.7%), Zinc: 0.32mg (2.11%), Selenium: 1.11µg (1.59%)